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Navy Region, Mid-Atlantic Public Safety, Virginia Beach Safety Storefront publishes this SafetyGram. Please visit our web site at www.nasoceana.navy.mil/safety for additional information. The Widest dissemination within your organization is encouraged.

SAFETY AWARENESS DAY

26 JULY 2006 – 0900-1200

NAS Oceana Fitness Center

Speakers include: Craig Mueller, WVEC (Hurricane Preparedness)
And Mike Tate, MWR (Watercraft Safety)

Lots of good information to be provided by the Naval Safety Center, Red Cross, CNRMA Public Safety, etc...

This will serve as a safety stand down without the stigma of an auditorium

We'll also be featuring a Fatal Vision Goggles walking exercise.

HOW TO INCREASE THE LEVEL OF SAFETY IN YOUR HOUSE AND PREVENT ACCIDENTS

Where do you feel safest? For most, the answer is likely within their own home. But is your home really safe enough for you and your family? According to a recent study by the National Safety Council (NSC), the second most common location of fatal accidental injuries is, in the home (motor vehicles are first). The report also revealed that a fatal injury occurs in the home every 16 minutes and a disabling injury every four seconds. The following are several ideas for keeping your home safe.

In the kitchen

- Use childproof locks on all cabinet doors.
- Keep pot handles on stove burners turned to the back. Never leave a stove that is in use unattended.
- Never store papers, oily rags or combustible materials near an open flame or heat source
- Replace the oven's exhaust hood filter every three months.
- Lock away all cleaning and hazardous materials.

- Install anti-scald aerators on faucets.
- Never pour water on a grease fire; instead, turn off the stove and cover the pan with a lid, or close the oven door.

In the bathroom

- Make sure towel bars are firmly installed.
- Place non-skid strips or mats in the bathtub.
- Check the expiration dates of prescription medicines, discarding all that are too old.
- Keep radios, portable heaters and hair dryers away from the bathtub or shower.
- Make sure ground fault interrupter (GFI) electrical outlets are installed in areas like the kitchen and bathroom where water is present. Sold at hardware stores, GFIs protect from shock by interrupting the flow of electricity in a circuit when there is a difference in the currents in the “hot” and neutral electric wires. GFIs look similar to a regular wall receptacle, but you can identify them by the small test and reset buttons included on them.

In the bedrooms

- Install carbon monoxide detectors in a hallway on each floor. Test the batteries monthly, and replace them each year.
- Purchase a window escape ladder.
- In children’s rooms, install prong snap-on plug locks on outlets.

In living/family rooms

- Put non-skid backing on small, loose rugs.
- Use cord shorteners for lamps and home electronics.
- Install protective grills in front of fireplaces.
- Never leave burning candles unattended.
- Follow directions and manufacturer’s warnings when using a space heater. Used improperly, it can be the most dangerous appliance in the house.
- Use safety plugs in electrical outlets.

Fire safety

The following steps can help protect your family in case of a fire.

- Place smoke detectors near bedrooms and on every floor. Check the batteries regularly and replace them each year.
- Mount fire extinguishers in the kitchen and garage. Learn how to use them in a non-emergency situation. Monitor the pressure gauge periodically to ensure the unit is fully charged.
- Keep areas around your home furnace or water heater clutter-free.

The final step is to have an evacuation plan ready in case of fire. It should include at least two ways out of every room in your home. Ensure that all household members are aware of the plan and practice it.

ATV MISHAPS: ON THE RISE AND VERY SERIOUS

Excerpts from a Navy Safety Center article by Derek Nelson

ATV accidents are drastically increasing. Some examples include:

An MM2(SS) test-driving his new 4-wheel ATV behind his house. Even though he is experienced and was trained his new ATV was bigger and heavier than his last one. The ATV rotated forward and launched him over the handlebars when he tried a 1-2 foot jump. He suffered massive injuries.

An AM3 borrowed a friend's ATV for a test drive during a Saturday night party. The Sailor made it all of about a block and up to 20 mph before losing control and crashing into a parked car.

There are several more that were noted in the article. These Navy ATV mishaps reflect a national trend. Millions of young people and adults in the U.S. ride ATVs each year. As a result, serious and even fatal mishaps are common, usually caused by lack of helmets, riding with passengers, or riding on the wrong kind of terrain. There have been 6,494 ATV-related deaths have been reported in the U.S. between 1982 and 2004.

Small wonder that the Summary of Mishaps often jokes that ATV stands for "Anyone Tossed-off Violently." Don't add to the statistics. Have fun in a way that will ensure you keep having fun. Here is some good advice from The All-Terrain Vehicle Safety Institute:

- Wear proper protective clothing. Including an approved motorcycle helmet, over-the-ankle boots, gloves, eye protection, a long-sleeved shirt, and long pants.
- Inspect your ATV before you begin
- Consult your owner's manual
- Check the practice area for potential hazards
- Bring along an experienced friend to help if anything goes wrong
- Do not mix alcohol or other drugs with ATV riding
- Don't carry passengers

PERSONAL WATERCRAFT SAFETY TIPS

- Know your craft and how it operates
- Keep apprised of local boating laws, navigational marks, and signs
- Protect yourself by wearing a personal flotation device, eye protection, wetsuit, and gloves
- Never operate a vehicle after using drugs or consuming alcohol
- Be sure to stay to the right of other watercraft. Commercial vessels, sailboats and fishing vessels all of the right of way.

Know your craft and how it operates!

FATIGUED DRIVING: BEWARE THE BIG SLEEP

Excerpts taken from a Naval Safety Center article by Ken Testorff

After working a 10-hour shift, an FA stopped at her apartment before heading out to complete an automobile purchase and to get a temporary base pass. She was driving west in the right lane of an interstate highway when she sideswiped a car in the left lane. She then overcorrected and swerved across a grassy median. As her vehicle spun into eastbound traffic, another car slammed into the driver's-side door. A rescue technician pronounced her dead at the scene.

Fatigue undoubtedly played a part in this tragedy. According to a roommate and a coworker, the victim had been awake about 26 hours when the mishap occurred. The roads also were damp from a light drizzle.

If you're about to fall asleep, you'll experience some or all of these symptoms:

- You have trouble keeping your eyes open and focused
- You nod and can't keep your head up
- You daydream or have wandering, disconnected thoughts
- You yawn a lot or need to rub your eyes
- You find yourself drifting out of your lane or tailgating
- You miss road signs or drive past your turn
- You feel irritable, restless and impatient
- On an interstate, you drift off the road and hit the rumble strips

What can you do to counter drowsy driving?

- Get a good night's sleep. 8 hours of sleep a night is what the average person needs.
- Drive long trips with a companion.
- Schedule regular stops, every 100 miles or two hours.
- Avoid alcohol and medications (over-the-counter and prescription) that may impair performance.
- Consult your physician or a local sleep-disorders center for diagnosis and treatment if you suffer frequent daytime sleepiness, often have difficulty sleeping at night, and/or snore loudly every night.

BICYCLE & JOGGING SAFETY

Please be aware of your surroundings when biking or jogging. Headphones are not recommended as you will not be able to hear oncoming traffic. On base headphones are only allowed by joggers when they are on a designated jogging path. If that path is not separated from the road, headphones are not permitted.

There have been several near misses on Dam Neck due to unauthorized headphone use.

IF YOU HAVE ANY QUESTIONS ABOUT THESE TOPICS PLEASE CALL OUR OFFICE. THE MAIN NUMBER IS 433-2692. YOU CAN ALSO SEND US AN EMAIL AT CNI_NASO_SAFETY@navy.mil.

THANKS FOR SUPPORTING THE OSH, TRAFFIC SAFETY, RECREATIONAL AND OFF DUTY SAFETY, AND EXPLOSIVE SAFETY PROGRAMS!